

1,300 DIE FROM AIR POLLUTION EACH YEAR IN TORONTO

And public health says 'we're not seeing any improvements' **metroNEWS**

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Toronto metro



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This is just typical March weather, Environment Canada says **metroNEWS**



Your essential daily news | MONDAY, MARCH 13, 2017

High -6°C/Low -8°C Cloudy  

CODE RED: TORONTO'S HOUSING CRISIS

RENTAL MARKET WITHOUT LIMITS

"I don't even think about saving. It's all paying down the debt"

With increased competition for rentals, young Torontonians like **Ranziba Nehrin** are forced to get by with almost no margin of error **metroNEWS**





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Humans of Toronto by K. Omar



“ A regret I have is not catching up with any of my high school friends. I used to be really fat back in high school and I was like, ‘All right, I got this, I’m going to delete my Facebook, get in shape, get better and then add everyone.’ I did everything except for the catching up part. Maybe it’s because I made so many new friends in university that I forgot about everyone. But there were so many good memories and I kind of feel guilty.

Humans of Toronto is K. Omar’s social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Students call for end to agreement

REFUGEES

By continuing U.S. pact, Canada violating Charter rights: Report



Gilbert Ngabo
Metro | Toronto

Law students from across the country issued a report that argues Canada’s continued participation in the Safe Third Country Agreement with the U.S. violates the Charter of Rights and Freedoms.

The report, compiled by hundreds of law students on behalf of the Canadian Council for Refugees, calls on the government to suspend the agreement in response to the Trump administration’s immigration policies.

“This agreement puts Canada as a state in jeopardy and we need it to be suspended immediately,” said Kim Veller, a student at York’s Osgoode Law School and one of the researchers.

In effect since 2004, the agreement deems both Canada and U.S. as safe countries capable of providing refugee protection to claimants. It has been criticized in the wake of White House executive orders that halt refugee claimants and ban travel from six predominantly Muslim countries.

Trump’s ban has forced hundreds of refugee claimants to use unauthorized border crossing



Osgoode Law School student Kim Veller EDUARDO LIMA/METRO

techniques to sneak into Canada. It’s an unsafe and dangerous route that has left some of them with frostbite, but remains the only way to avoid being subjected to the Safe Third Country Agreement, said Veller.

The report shows how refugees turned back at Canadian borders could face detention, deportation or lack of access to legal representation in the United States. By continuing to be part of the agreement, Canada “is breaching” both its own Charter of Rights and the International Refugee Convention, the report notes. Despite mounting pressure, Minister of Immigration, Refugees and Citizenship Ahmed Hussen said last month Canada was not considering reviewing the agreement.

“I don’t think we have a government that even cares about refugees,” said Veller, noting scrapping the agreement would be the easiest way to show the

+ PARTICIPANTS

■ A total of 845 students from 22 Canadian law schools participated in last month’s research event, the results of which are compiled in the report.

■ Other groups calling for the cancellation of the Safe Third Country Agreement include law professors, the Canadian Council of Churches, Canadian Refugee Council, Amnesty International Canada and Canadian Civil Liberties Association.

support. “We keep talking about receiving Syrian refugees, but what are we doing for Syrians and others who want to leave the U.S.? Nothing.”

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Pollution levels stagnate

HEALTH

Still serious cause of illness in the city after years of decline

Major strides have been made in reducing pollution in the Greater Toronto Area, thanks in large part to changes in Ontario's energy policies.

But Toronto Public Health says that levels of major pollutants in the air have become stagnant after years of decline, and air pollution is still a serious cause of illness in the city.

In 2004, the city determined that air pollution contributed to 1,700 premature deaths and 6,000 hospitalizations annually. By 2014, the number of pollution-related deaths had fallen by more than 23 per cent, to 1,300 per year. And the number of hospitalizations had declined by 40 per cent, to 3,550.

But Monica Campbell, director of healthy public policy at Toronto Public Health, estimates that, since 2014, the number of pollution-related deaths and hospitalizations have remained



Kim Perrotta, executive director of the Canadian Association of Physicians for the Environment, says traffic pollution is a major problem in the GTA. TORSTAR NEWS SERVICE

roughly the same. "We're not seeing any improvements," said Campbell. "Things have gotten better but we still have a ways to go. It's concerning, and more needs to be done."

Ontario shuttered the last of its coal-fired power plants in 2014, a development that

Campbell called "a big positive contributor to cleaning up the air."

Traffic emissions, the greatest local source of air pollution in Toronto, are the next domino that must fall, Campbell said.

Toronto's three biggest polluting substances are nitrogen

dioxide, ozone and "particulate matter," a term for any number of solid or liquid chemicals in the air. All three are related to burning fossil fuels.

"These are the common air pollutants because they're associated with heating our homes and driving our cars and run-

ning our industries," said Kim Perrotta, executive director of the Canadian Association of Physicians for the Environment.

"Where once upon a time we thought of air pollution as an industrial issue, now it's becoming a very traffic-related issue."

TORSTAR NEWS SERVICE

PHILANTHROPIST

Award honours Davis

Glen Davis had just finished lunch with an official from World Wildlife Fund-Canada on May 18, 2007 and was heading back to his vehicle when he was shot twice by a man hired to kill.

Many know Davis as the multi-millionaire who was slain in a Toronto parking garage almost 10 years ago, a victim of a plot hatched by his own godson.

But friends and family are hoping a new award named after the businessman-turned-philanthropist will bring more attention to his life in environmental activism, instead of his gruesome murder.

Davis was a passionate conservationist who loved spending time outdoors and donated millions to environmental causes before his murder.

WWF-Canada and the Canadian Parks and Wilderness Society announced they will honour Davis' environmental legacy through the new Glen Davis Conservation Leadership Prize, a \$10,000 award for "a conservation hero in financial need."

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COURT

Peeing man's constitutional rights not violated, judge rules

Was a police officer trespassing while trying to question a drunken man relieving himself on his own front porch?

The question was put before Brampton Ontario Court Justice Andras Schreck, who was asked to find that Daniel Mali's rights had been breached when he was arrested on impaired driving charges in March 2016.

The legal analysis focused on the peeing — or more specifically, what was said and wasn't said while Mali was urinating and approached by police.

In his ruling released last

week finding Mali guilty, Schreck ultimately concluded that his constitutional rights were not violated.

Police had received reports of a swerving car in the early hours of March 28, 2016, and Const. Tyler Leal was able to find the owner's address using the licence plate number, according to the judge's ruling.

Leal testified that when he went up to Mali at the porch, he said "he had to pee, and he didn't want to talk." Nonetheless, Leal continued to ask him questions, and Mali responded

he did live at that address, was the owner of the car, and produced his keys and driver's licence.

In court, Mali's lawyer argued that once Mali said he did not wish to speak with the officer, Leal became a trespasser. But the judge didn't see it that way.

"There was no 'clear expression of intent' that Mr. Mali no longer wished to communicate with Const. Leal and wanted him to leave," Schreck wrote, pointing out that Mali did subsequently answer Leal's questions.

TORSTAR NEWS SERVICE

HISTORY

Taking close look at John's john

Behind an ornately wallpapered door inside Toronto's Colborne Lodge can be found ... John Howard's john.

The john is one of the city's oldest flushing toilets.

Staff at the 19th century lodge, once home to High Park founders John and Jemima Howard, have recently taken apart the home's long out-of-service toilet in an attempt to understand how it worked.

After the wooden rim, bench seat and large white bowl are

removed, an aged copper-turned-turquoise pan and pull-flushing lever are revealed.

Historical interpreters at the lodge said they believe water for the toilet came from a rain-water filled tank, and that the waste would be released down into a cess-pit.

No one can say for sure exactly how old the toilet is. Historical interpreters at Colborne Lodge have identified it as a "pan toilet," in style, and say it was probably built sometime

in the 1860s.

The fact that the toilet is located inside the home is a big deal, because, at that time, this was highly unusual, historical interpreter Catherine Raven explained.

Elizabeth Nelson-Raffaele, curator at Colborne Lodge, said staff at the lodge haven't decided if, now that they've figured out how it works, they will reassemble the toilet or leave it in pieces for people to look at.

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CODE RED: TORONTO'S HOUSING CRISIS



Advocates and city councillors are lobbying to change rules allowing landlords to jack up rents in any building constructed after 1991. EDUARDO LIMA/METRO

“
**We're just
 precarious and
 vulnerable in every
 single way.**

Ranziba Nehrin on renting in Toronto

A solution may be tax breaks

When it comes to fixing Toronto's housing crisis, advocates point to a number of potential solutions.

Paul Kershaw of housing group Generation Squeeze supports tax changes.

Tax subsidies for renters would allow them to build capital even if they don't own a home.

He also recommends a “portable housing benefit” that would allow people younger than 40 to credit a portion of their rent or mortgage interest against taxes owed.

As for balancing supply and demand, using tax dollars to give developers an incentive to build more apartments specifically for renting — as opposed to just condos — could go a long way, said Kershaw.

Overall, governments need to adopt policies that give tenants more security so that they can keep their kids in the same school or daycare for years at a time.

“There is a need to challenge attitudes that treat renters as less desirable community members,” Kershaw said.

Geordie Dent of the Federation of Metro Tenants' Associations, meanwhile, would like to see standardized leases, and automatic penalties for landlords who don't follow tenant law.

“They're using the advantage that they have right now to essentially ignore the law,” he said, calling the market “a golden age for landlords.”

MAY WARREN/METRO

“
**Challenge attitudes
 that treat renters
 as less desirable
 community
 members.**

Paul Kershaw

ABOUT THIS SERIES

Metro is exploring possible solutions to the growing problem of housing affordability in the GTA.

Over the next few Mondays we'll look more at the pros and cons of different policy changes, what other places have done and continue reporting on people's personal stories.

If you have a story to share, email may.warren@metronews.ca and tweet using the hashtag #codered.

Millennials and sky-high rent

DEMOGRAPHICS

Lack of supply, few protections leave young renters on edge



May Warren
 Metro | Toronto

Ranziba Nehrin considers herself lucky.

She shares a two-bedroom, 650-square-foot apartment with one roommate in Toronto's West Queen West neighbourhood. And, at about \$925 a month each, it's “an absolute steal” given the current market.

Still, Nehrin spends about 40 per cent of her paycheck on rent. After she puts as much as she can towards the \$13,000 she owes in student loans, there isn't much left over — especially not enough to save for a down payment on a home.

“The feeling that I have is that I can't make a mistake right now,” the 24-year-old said. “I can't live life with any sort of margin of error.”

It now takes the typical young Torontonian between the ages of 25 and 34 almost 4 ½ months of full-time work to pay for a year's rent in an average three-bedroom apartment, according to data University of British Columbia professor Paul Kershaw provided exclusively to Metro.

That's a full month more of work just to make rent than it took back in 2003, he added.

Kershaw, founder of Generation Squeeze, which advocates for young people on housing and other issues, said there's a direct connection between soaring home prices and rising rents.

With fewer people able to buy into the housing market, there's increased competition for rentals.

“And we haven't been build-

ing purpose-built rental in our big cities at a pace that can keep up with that demand,” Kershaw said.

He says it's time to “level the playing field between renters and owners.” Changing the Ontario policy that exempts landlords from capping rent increases on buildings built after 1991, like Nehrin's, is one quick win that “requires urgent atten-

tion,” he said. There's already been a push to close the loophole in Toronto.

Councillors Ana Bailão and Josh Matlow are calling on the province to review the Residential Tenancies Act with a specific eye toward rent control.

The exemption creates a “two-tiered system of renters” said Geordie Dent, executive director of the Federation of

Metro Tenants' Associations, which has long called for it to be removed.

“The biggest issue isn't just thousand-dollar rent increases, which you're seeing some people get,” he said. “A bigger concern is actually what we call economic evictions.”

Some tenants in buildings built after 1991 are afraid to ask for repairs or may even fork over illegal security deposits because they're scared resistance will lead to a rent increase, Dent said.

It's something on Nehrin's mind, even though she's had a good relationship with her landlord.

She's heard stories about other people in her building who've seen their rent increase, and she's nervous about what will happen once her lease is up.

“I don't know what my life is going to look like in September,” she said. “They can raise it and you just kind of have to grin and bear it; cry and bear it.”

1.3%
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rate now
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to 3.2 per
cent in
2007.

\$1,233
Average
monthly rent
in Toronto.
That's up 3.1
per cent from
2015.

SOURCE: CANADIAN MORTGAGE AND HOUSING CORPORATION

NEWER BUILDINGS HAVE NO RENT CONTROLS

How Ontario rent rules differ in older buildings and those constructed after 1991

Pre-1991

Buildings built prior to '91:

Landlords can only raise rent by a set amount mandated by the province — 1.5 per cent for 2017. If they face an “extraordinary” increase in municipal taxes or utilities, made “significant” repairs or renovations or had added security costs, they can ask the Landlord and Tenant Board to allow a larger increase.

Post-1991

Buildings built after 1991:

Landlords can raise rent as much as they want each year.

'Fake spring' gets a cold

WEATHER

Experts expect 15 to 25 cm of snowfall Monday night



Gilbert Ngabo
Metro | Toronto

Fake spring is over. Long live winter.

After a warmer than normal February — culminating in the warmest Feb. 23 on record when temperatures reached 17.7C — it looks like we're in for a chilly stretch before spring officially springs.

Environment Canada warns a snowstorm could hit Toronto and the rest of the GTA, with between 15 to 25 centimetres

of snow expected Monday evening and Tuesday morning.

The cold spell, which is a result of low-pressure conditions currently affecting Northwestern United States, will also see temperatures drop to around -6 C and will reach negative double digits with wind-chill factors.

None of this should be surprising, said Environment Canada severe weather meteorologist Haizhen Sun.

"I think we are spoiled. Everyone thinks spring is coming but it's only early March," she said, noting average temperature should be around either side of the freezing mark. "Sporadic winter storms are not out of line at this time of the year."

The city should return to normal conditions by the end of the week, she added.



Environment Canada says temperatures will drop to around -6 C, with the wind chill dropping readings to around -12 C. TORSTAR NEWS SERVICE FILE

ANIMALS

Dog trainer critical of new 'choke chain' ban

Toronto dog lovers are divided after a controversial new bylaw banning some dog collars kicked in this month.

The bylaw bans anyone from using choke collars and choke chains (also known as slip collars), pronged collars and "any similar device" on dogs. Police dogs and martingale collars are both exempt from the bylaw.

What began as a city staff recommendation to ban the use of such collars for tethering was expanded into a blanket ban that city council unanimously accepted. It's a move that took many dog trainers, owners and dog organizations by surprise.

Jennifer Legere, a Toronto dog trainer, says the banned collars are key when it comes to keeping dogs, owners and the public safe.

"They are able to stop a powerful, determined dog (who) can overpower its owner. With this, it gives you the leverage that you need," she said. "It is an effective tool, despite what it looks like. It doesn't matter. The dog doesn't care what it looks like."

The choke chain, which Legere calls "a loaded word," opting to call it a "slip chain" instead, works by tightening when a dog



Jennifer Legere, a dog trainer for a decade, holds her 12-year-old terrier Hamlet, who is wearing a prong collar. TORSTAR NEWS SERVICE

tries to get ahead of its owner. Similarly, the prongs in the pronged collar push against the dog when it gets out of control.

"(Dogs) respond very well when they're used properly."

Scarborough Centre Councilor Glenn De Baeremaeker was one of 33 councillors who voted in favour of the bylaw.

"I've formed my opinion based on what experts have told me," he said. "I think that certainly pronged collars and choke collars are actually very painful and very inhumane, so I simply think that's not a way we should be treating animals in 2017."

TORSTAR NEWS SERVICE

HEALTH

Mumps outbreak not a concern: Officials

Despite being on pace for the worst mumps outbreak in Toronto's recent history, health officials say the public shouldn't be overly alarmed with the community spread of the disease.

As of Thursday afternoon, there were 31 confirmed cases of mumps in Toronto, nearly as many as the record-breaking 2009, when there were 33 cases over the entire year. Toronto's outbreak accounts for most of the 41 confirmed cases in Ontario.

Toronto Public Health is investigating the mumps outbreak, which has largely affected 18- to 35-years-olds who frequented bars located west of Yonge Street,

east of Lansdowne Avenue, and south of Bloor Street West.

Toronto Public Health says a broader community spread is now occurring outside the west end of downtown.

In Toronto, of the 31 cases, seven were fully immunized and 24 received either one dose, no doses of the mumps vaccine.

"The most important thing for people to keep in mind is that yes, we're seeing more mumps activity, but there are things people can do to protect themselves," said Sarah Wilson, a medical epidemiologist with Public Health Ontario.

TORSTAR NEWS SERVICE



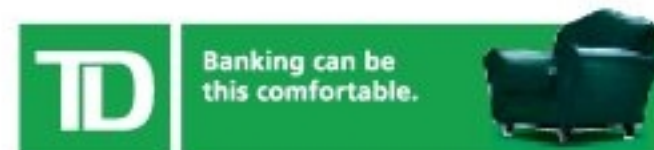
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² On average, based on a comparison of 2016 Aeroplan flight reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. ³ Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan Visa Infinite Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between March 6, 2017, and June 14, 2017; (b) make \$1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles for adding an Authorized User to your Account ("Authorized User Bonus"), you must: (a) apply for an Account and add an Authorized User between March 6, 2017, and June 14, 2017; and (b) Authorized User must call and activate their Card by July 31, 2017. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Authorized User Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Your Account must be in good standing at the time bonus miles are awarded. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. [®]The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. [®]The Aeroplan logo and Aeroplan are registered trade-marks of Air Canada Inc. [®]The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

Tame debate targets PM

NEW DEMOCRATS

Leadership hopefuls mum on Mulcair, talk Layton's legacy

Debate is a word that implies conflict. With cordiality and agreement cranked to the max, it's safe to say the first debate in the NDP's race for a new leader was more of a discussion.

Rather than sniping at each other (or even interrupting), the main target of the event was Prime Minister Justin Trudeau, a man each candidate — MPs Charlie Angus, Niki Ashton, Guy Caron and Peter Julian — accused of campaigning as a progressive politician and then governing from the right.

Caron summed this up with one of the biggest laugh-lines of the event. By the next election in 2019, he said Trudeau will be quoting "another Canadian Justin" — Justin Bieber — by asking voters, "Is it too late now to say sorry?"

Julian, a British Columbia MP first elected in 2004, said the NDP



Niki Ashton, second from right, speaks with Guy Caron, left, as Charlie Angus and Peter Julian look on during the first debate of the federal NDP leadership race. JUSTIN TANG/THE CANADIAN PRESS

has the "guts and courage" that the Liberals lack, and that the party needs to show they will deliver big ideas like his proposals to eliminate post-secondary tuition and build 250,000 affordable housing units.

"The Liberals talk a good game,

but they always follow. They do not lead," he said. "We need leadership."

But beyond Angus's suggestion that Caron's plan to create a basic minimum income for people below the poverty line might be too "complicated,"

there was scant tension between the candidates' positions during the 90-minute forum on Sunday.

At one point during a tête-à-tête between two candidates, the moderator had to say, "It's an open debate, so please, step in."

Organizers said there were

+ DEBATES

Sunday's event was the first of eight debates scheduled in the coming months.

Party members will vote on a new leader this October.

chairs for more than 400 people in the downtown hotel conference room that was packed with NDP faithful. The candidates stood at lecterns on a stage and spoke about how Canada should react to President Donald Trump and deal with the planned renegotiation of the North American Free Trade Agreement.

But none of the candidates vying to take the helm of the party from Tom Mulcair mentioned their outgoing leader during their 90-minute forum. Instead, there were several appeals to Layton's legacy, and much agreement on the need for "bold" policies to reconnect with left-leaning Canadians looking for a government that reflects their beliefs.

TORSTAR NEWS SERVICE

Alberta wants daylight savings for entire year



Brodie Thomas
Metro | Calgary

It's official. The sun is setting on spring and fall time changes for Albertans.

The Alberta NDP surveyed nearly 26,000 Albertans and found 82 per cent would prefer not to change their clocks twice a year.

While that might not come as a surprise to those of you who had to fight your biological clock to get up and going today, the survey also suggested that Albertans still want the later evenings that come with DST.

Edmonton-South West MLA Thomas Dang said that's all the information he needs to finish crafting his private member's bill on eliminating time changes, which could go to the legislature within days or weeks. He said the bill will call for staying on what we now call DST year-round.

"I would hope that this would be the last (time change), or there might be one more after that," said Dang.

When asked, 62 per cent of Albertans said more daylight in evenings were preferable, while only 30 per cent said mornings.



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Immigrants plan ahead

EDUCATION

Sessions called 'know your rights' put on across U.S.

Don't open the front door if immigration officials knock. If you are taken into custody, tell them your name and nothing else. Definitely don't sign anything.

That is some of the advice being given in New York City and around the country at training sessions, put on by advocacy organizations, aimed at helping immigrants living in the country illegally get in as little trouble as possible if they encounter U.S. Immigration and Customs Enforcement officials.

Called "know your rights" training, the sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration under President Donald Trump. Similar trainings are scheduled in New Mexico and El Paso.

The idea, organizers said, is to give immigrants guidance



Yaritza Mendez leads a know-your-rights trainings at Make The Road, an immigrant advocacy organization, last week in New York. The sessions have been pushed by some groups as a way to prepare for a crackdown on illegal immigration under President Donald Trump. THE ASSOCIATED PRESS

on how to legitimately push back against attempts to detain them, mostly using tactics designed to keep agents from learning anything they don't already know. The government can't deport someone unless they can prove they are in the U.S. illegally.

At a training session Tuesday in Queens, a little more than two dozen people sat in a room listening to Yaritza Mendez, an outreach co-ordinator at the pro-immigrant advocacy group Make the Road New York. She spoke about various ways ICE agents can find a person, and

what to do if they come knocking.

Even people in the country illegally have constitutional rights, Mendez said, such as not being subjected to unreasonable searches and seizures, not answering questions and not signing any documents with-

out speaking with an attorney.

Volunteers took part in a role-playing exercise. The audience broke into laughter when a woman wearing a vest with "ICE" taped on it burst into the room after knocking loudly on a door.

"I try to make it interactive because it's long and very sad, in a way," Mendez said.

A lady sitting at the back had a question. If immigration officials knocked on her door, what if she opened it a crack but kept the chain on?

No, Mendez said. Not even a crack. That's guidance that closely mirrors something criminal defence attorneys have long been telling clients. Letting a law enforcement agent peek inside could give them the probable cause they need to enter without a warrant.

Other advice dispensed during the session: Make sure any warrants presented have the right name and addresses and are signed by a judge. Do not volunteer information. Do not show the agents any fake documents, since doing so is a crime that could land them in deeper trouble. THE ASSOCIATED PRESS

SPENDING

Budget will push GOP views

President Donald Trump sends Congress a proposed budget this week that will sharply test Republicans' ability to keep long-standing promises to bolster the military, making politically painful cuts to a lengthy list of popular domestic programs.

The Republican president will ask his adopted political party, which runs Capitol Hill, to cut domestic agencies such as the Environmental Protection Agency and the departments of Education and Housing and Urban Development, along with grants to state and local governments and community development projects. The spending plan, set for release Thursday, would make the Pentagon the big winner with a \$54 billion boost to defence spending.

Trump has promised to "do a lot more with less," but his blueprint faces a reality test with Republicans, many of whom are already protesting.

Democrats are unlikely to support the cuts, and Republican defections raise the possibility of a government shutdown.

THE ASSOCIATED PRESS

GUATEMALA

Death toll in children's shelter fire rises

The death toll in a fire at a Guatemalan children's shelter rose to 40 on Sunday. The death was announced by the Roosevelt Hospital in Guatemala's capital. Nineteen of the adolescents died at the scene of the inferno and 21 died in hospitals. The fire began when mattresses were set ablaze during a protest by residents at the shelter.

THE ASSOCIATED PRESS

CORRUPTION ALLEGATIONS

South Korea president defiant after her ouster

Ousted South Korean President Park Geun-hye expressed defiance toward the corruption allegations against her as she vacated the presidential palace and returned to her home on Sunday, two days after the constitutional Court removed her from office.

In her first public comments since the court's ruling, Park said in statement, "Although it



Park Geun-hye
ASSOCIATED PRESS

will take time, I believe the truth will certainly come out."

Park will likely face a direct investigation soon by prosecutors who already consider her a criminal suspect over suspicions that she colluded with a confidante to extort money and favours from companies and allowed the friend to secretly interfere with state affairs. THE ASSOCIATED PRESS

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Groups vying for slice of \$800M pie

INNOVATION FUNDING

Cash meant to help young, high-potential firms flourish

An \$800-million commitment central to the Trudeau government's economic growth strategy is expected to be divided up within the next few months among groups and companies that can persuade Ottawa they're best positioned to help young, high-potential firms flourish.

The government earmarked the cash in last year's budget to support "innovation networks and clusters" as part of federal plans to help budding companies scale up significantly.

Groups like the Council of Canadian Innovators expects the government to set-



Navdeep Bains, minister of innovation, science and economic development. THE CANADIAN PRESS

tle in April or May on how it would like to proceed with the \$800-million plan.

Council executive director Ben Bergen, who represents tech-sector CEOs, said they would like to see the investment used to support clusters centred around high-growth

Canadian companies, rather than ones that revolve around universities and incubators.

"By really focusing it on the firm rather than on...institutions or on incubators you actually give them the jet fuel that they need to go and compete globally," Bergen said.

The chair of one organization hoping to attract some of that funding said his partners have also been pitching a business-led approach to Ottawa.

Ray Bouchard said the Manitoba-based Enterprise Machine Intelligence and Learning Initiative aims to help firms quickly commercialize in the fields of deep learning and artificial intelligence.

The group has had several meetings in recent months with senior government officials, including Economic Development Minister Navdeep Bains, according to lobbying records. THE CANADIAN PRESS

HACKING THREAT

Tax service offline

Canadians planning to file their taxes online could face difficulties as the threat of hacking prompted the Canada Revenue Agency to take down the service indefinitely.

A notice was posted on the agency's website that says it detected "an internet vulnerability" and took down many of its services, including electronic tax filing.

The services include ones such as My Account, My Business Account, Netfile, EFILE and Auto-Fill My Return.

The notice says people can still complete their forms, but will have to wait to file.

The CRA website itself remains online as Samson says it was determined it wasn't a risk.

THE CANADIAN PRESS

DILUTED HONEY

Beekeepers blame imports

Beekeepers say the falling value of Canadian honey — which dropped nearly \$53 million last year — is exacerbated by cheap, imported products diluted with sweeteners. They are used in food products to save producers from paying more for made-in-Canada honey.

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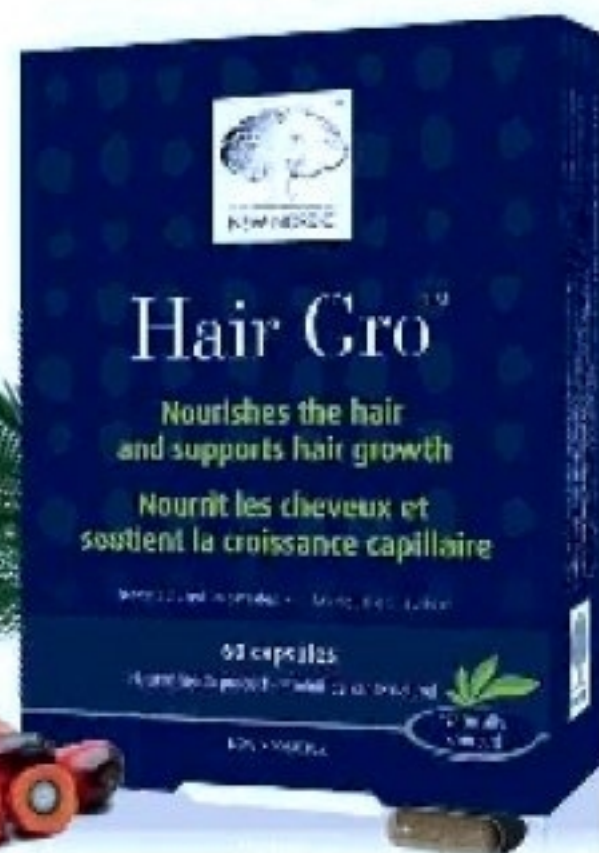
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OFFLINE READING

NEW natural ingredient produces 34% more hair in 8 months!

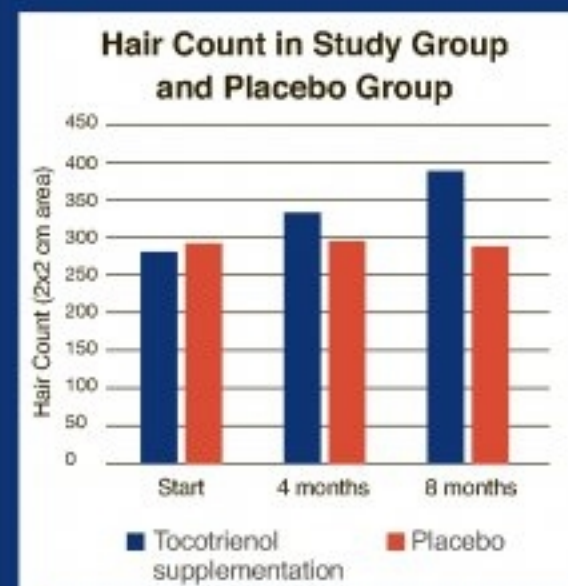
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better — and new — hair growth. The results were surprisingly good!



STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.



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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

How can I get people to slow down their carts at the grocery store?



Ani Castells

Dear Ellen,

I've noticed big-box stores like Walmart and Costco, etc., have these shopping carts bigger than ever before to encourage people to buy more and bigger items. I prefer to use a wheelie basket instead. But I am concerned by the rude people who drive these giant carts like NASCAR racers and have absolutely no courtesy or regard for anyone around them. It makes me not want to shop there, for fear of being knocked over. What can I do to make people slow down?

Little Old Lady

Dear Little Old Lady,

If you are feeling spry and vindictive, I urge you to go straight to YouTube and watch "dive" videos of Real Madrid soccer star Cristiano Ronaldo. Be it an opposing player brushing against his jersey, or a passing breeze tickling his new golden highlights, Ronaldo is ready at any moment to launch himself into a spectacular prat-fall — rolling, groaning, clutching, grimacing — in order to convince the refs, and the world, that he has been most grievously fouled. Study his moves. Practice a few tumbles at home. Then head out to the store.

There, fill up your

Other than amuse oneself with revenge fantasies, there's not much to be done.

wheelie with eggs, yogurt and other messy foods, and meander aimlessly down the aisles. Be alert — we don't want you to actually get run over. But as soon as some maniac with a giant cart starts bearing down on you, simply shove your wheelie into their path, while you scream bloody murder and dive sideways, hitting the deck with as much force as you can muster, given that you are probably less fit than a man who is arguably the world's best soccer player. With any luck, broken eggs and spilled yogurt will spread far and wide, the maniac shopping cart

driver will have a small, metaphorical heart attack and be filled with remorse at what they've done to you, a poor, innocent little old lady. And the store manager will skid through eggs and yogurt to your side, promising coupons, gift cards, and a permanent ban on large carts, in hopes of warding off a lawsuit.

I realize this advice is neither polite nor practical, and that I am perhaps revealing too much about my own vindictive nature. But other than amuse oneself with revenge fantasies, there's not much to be done. Grocery

store rudeness is rampant, but it's often due to distraction rather than malicious intent. And, as many of us over a certain age know, we are simply invisible to younger, faster folks.

What you can do is educate one NASCAR driver at a time, by politely asking them to slow down. Most people will instantly apologize and pay more attention in future. And you'll have advanced civilization one tiny step in the battle for actual civilization.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Cats: The Internet might like you, but I'm not a big fan

I have never liked cats and don't plan to start liking them now. Yet, in opposition to my values, a cat has taken up residence in my house.

Weeks ago, my brother moved in, which spared me the agony of searching for roommates. It also guaranteed that I'd have one who, if he had complaints about my cleanliness, could only really take them up with our mother.

With my brother came Tommy.

Tommy was a birthday present given to my brother by his friends last summer. I partially recall my brother mentioning that he had a cat, in that he'd asked my mother months ago if the cat could live with him at her house. My mother hates all pets, so I remember laughing a lot, then immediately forgetting said cat.

Tommy (short for Tommy Gunz) is a black-and-white cat of some variety. In the shallow wisdom of three reckless young men, neither my brother nor his friends know Tommy's gender, age or breed.

A friend looked into it and helpfully suggested that Tommy is a girl. My brother's take: "I had a suspicion about that, but that doesn't seem like my business." It has not been his business for seven months.

Thus, I am now caring for an animal that I'm wholly indifferent to. My solace is that Tommy, being a cat, is entirely apathetic about me, too.

You'd think with their Internet popularity and their prevalence, I would have a passing fondness for cats.

I have only developed the acting skills required to make other people believe that I care about their cats. Two friends regularly foster cats. Friends and colleagues share cat pictures and videos. In the service of not losing friends and appearing to be a good person, I make the appropriate noises in reference to their household felines. For the greater good (i.e. my self-interest), I say, "Wow lol so cute." On occasion, I actually laugh out loud.

On those days, I deserve a best supporting actress Oscar. With Tommy now daily shedding fur throughout my house, this is the greatest test of my skills.

The friend who fosters cats said something about socializing one's cat so it is good with people. To that end, I drink a glass of wine and allow Tommy to sit near me; this is how most humans socialize.

"Cat," I say to it with Streep-esque conviction, "I enjoy your presence."

You'd find it difficult to tell that, in fact, I do not enjoy its presence.

I am Daniel Day-Lewis in Lincoln. I have become Heath Ledger in The Dark Knight. I have gone fully method to pretend to like this cat.

I may never like Tommy but she (probably) doesn't have to know that.

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FROM CLAIMING A SIDE HUSTLE TO DEDUCTING LUNCH HERE'S HOW TO PREP YOUR TAXES

With so many people cobbling together their income from different sources, filing a tax return is more daunting than ever. We asked Jessica Moorhouse, a personal finance expert and host of the Mo' Money Podcast, for her top tips to calm your nerves. **GENNA BUCK/METRO**



Go in prepared

"The biggest issue is that people get stressed out because they don't know what they need to start," Moorhouse said. Get all the documents you need together before you begin (many checklists are available online) Then figure out how you want to file. For younger people, Moorhouse suggests using an online tool such as UFile, TurboTax, or H&R Block's free program. "It's way less intimidating than talking to a tax specialist," she said. "The tools are intuitive now. You kind of learn about taxes as you're doing them." And she said to get started well before the April 30 deadline, in case it takes longer than you expect. Plus, if you're getting a refund, the sooner you file, the sooner you get your money.



Claim your side hustle

Moorhouse said to resist temptation to overlook your "under-the-table" income when tax season rolls around. You should be keeping records throughout the year of every time you're paid, but if you didn't, you can go online and look at the deposits into your bank account. Babysitting, dog walking, cash tips from bartending — all of that counts. If you receive cash help from parents, family or friends, it doesn't count as income: it's a gift and not taxable.



Deduct, deduct, deduct

"This is my favourite part of taxes," Moorhouse gushed. If you're self-employed like she is, or work in the informal cash economy, the costs of running your business are tax-deductible. "I keep every single receipt. If I go to lunch with another blogger to talk about collaborating, I can claim that as a business lunch" she said. Equipment, software — even desk chairs and work boots — can all be deducted. If you're using your home as an office, you can claim part of your rent and utilities. It's a common misconception that you need to register or incorporate as a business in order to claim expenses as a deduction — you don't, as long as you're operating under your own name. Some other useful deductions: Student loan interest, child-care costs, educational courses, transit passes and anything you gave to charity.



Handle your housing

Many millennials share their digs with others to save on rising rent costs. For example, if you pay \$1,000 in rent but your roommate pays \$500 for your spare room, you don't have to claim that as rental income — you're not the landlord. But if you're renting out that second room on Airbnb or another room-sharing service, it's a different story. Depending on your situation, it could be considered rental income or a home business.

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No suds: Why I gave up on soap

PERSONAL HYGIENE

No need to get yourself in a skin care lather, insist experts

Jackie Hong
Torstar News Service

Confusion. Abject horror. Disgust. Those are the top three reactions when someone learns I haven't showered with soap in seven years.

My soap-free saga began when I was an impressionable teenager in Grade 11. The artist-in-residence at my high school mentioned he hadn't used soap on his body in about 20 years, except to occasionally scrub paint off his hands. When I gave him that mildly disgusted look that I'm now all too familiar with, he shot back, "Well, do I smell?"

"No," I answered truthfully, and that was that.

In a world where drugstore aisles are reserved for sudsy, pleasant-smelling bars and bottles, where soap holders are built into bathtubs and business empires created out of "natural" shower gels and bath bombs, soap is so tightly intertwined with cleanliness that shunning it is linked to a rejection of hygiene.

But an informal survey of my coworkers and friends found that I don't smell awful, or much at all. My boyfriend even says I smell nice — value that as you will. My skin isn't greasy. I haven't developed any strange conditions or infections. I'm not forgoing bathing completely; I still shower daily, just with water and nothing else, and still wash my hands with soap.

I've suffered no ill side-effects by not lathering up, yet the idea is repulsive to some.

"If you go to work and you dress in a long-sleeve shirt and pants and you're in your office all day and you go home, there's no reason for you to use soap," said Dr. Sandy Skotnicki, an assistant professor at the University of Toronto's Division of Dermatology who's writing a

book on the topic. "Even if you've been at the gym, you don't necessarily need soap ... water is more than enough to clean off." In fact, Skotnicki said, using too much soap can be a bad thing.

The word "soap" has become a catch-all for almost any personal cleaning product that makes bubbles, but true soap is made by combining animal fat with lye, a strong cleaning chemical.

Many modern "soap" products, such as Cetaphil and Dove's "cleansing" bars, are made with synthetic detergents, which can be gentler on skin but clean in essentially the same way: by binding to fat and grease.

Skotnicki calls the association between soap, cleanliness and health a psychological hang-over from the days before indoor plumbing, when diseases were rampant and bathing a luxury reserved for the wealthy.

"The cleaner that you were, way back in the early days when we didn't have showers in every home, you were more healthy," she said. "Nowadays, it's not necessary. It's gone overboard and it's really to sell product."

Jack Gilbert, a professor at the University of Chicago's Department of Surgery and faculty director of the MicroBiome Center says thanks to vaccines, and other public health works, most dangerous pathogenic microorganisms have been eradicated.

So the chance any nasty germs are hanging out on your skin are next to none, although you should still wash your hands with warm, soapy water to prevent the spread of things like colds and flu. In fact, coming into contact with raw sewage now is relatively safe.

"It seems bizarre, because for years, there were so many life-threatening diseases that were affecting our society that doing that would've been an immediate death sentence," Gilbert said. "I'm not saying anyone should frolic in raw sewage ... but on the whole, raw sewage isn't necessarily going to contain a lot of extraordinarily dangerous bugs."

So, not using soap does not make me a filthy heathen — if anything, it might actually be beneficial for my skin.

Maybe give it a try. At the least, you'll save a couple of dollars — and maybe your skin will thank you.

Jackie Hong
stopped
using soap
in Grade 11.

TORSTAR NEWS
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CANADIAN SCREEN AWARDS

Howie Mandel gives Canadians STDs

Howie Mandel kicked off Sunday's Canadian Screen Awards with an ode to Canadian talent and his suggestion for a nickname to call the prizes.

"This is a thrill for me to do something right here at home. I love coming home to Canada," the Toronto-born said. "You don't know what this means to me, because I've always resented the fact that I had to leave."

Mandel then launched into a loose monologue and banter with the audience. He riffed on

how the awards show doesn't have an Oscars-style nickname.

"I know other hosts have been talking about naming it, I want to name it. What is it for?" Mandel said, adding the awards honour the best in Canadian film, television and digital work.

"So what is it? Screen, television, digital. This will go viral — it's an STD. How many of you are going to go home tonight with an STD?" THE CANADIAN PRESS

THE WINNERS metronews.ca



Howie Mandel opens the 2017 Canadian Screen Awards on Sunday in Toronto. PETER POWER/THE CANADIAN PRESS

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Seven simple steps to solving life insurance

ADVICE

To have it when you'll need it, you must buy it when you don't

Gail Vaz-Oxlade
For Metro Canada



Nobody likes to talk about life insurance except life insurance salespeople. Most people feel that the whole thing is yucky: it's expensive, confusing, and mostly about sickness and death.

But the single best way to ensure you can get insurance when you need it is to buy it when you don't. And the earlier you buy your insurance the cheaper it will be.

If you work for a company that offers life insurance as part of your benefits package, don't get complacent. If you change jobs down the road and have become uninsurable in the interim you won't qualify for new insurance. Make sure you have a basic private policy to cover your butt.

Here are some things to avoid:

1) Don't think of insurance as an investment. It's risk mitigation and it's a necessary part of a sound financial plan. Some types of insurance do build up money over time — products like whole or universal life insurance — that's not the first reason for buying insurance. Insurance is about taking care of the "what ifs." So the amount it will pay out to help your family cope should be your primary consideration.



At least every year or two you should re-examine your life insurance policy, especially if you've had major life changes. ISTOCK

2) Don't let premiums make the decision for you. If you start from the premise that you can only afford to pay \$X, and let that decide how much insurance you buy, then you're going about it all wrong. First figure out how much insurance you need and then choose the type of insurance that will give you the level of coverage you're looking for.

3) Don't buy term because you think it's the only game in town. The "term vs. permanent insurance" debate has ranged since Moses was a lad. Term insurance, for which you pay only for the death benefit, may be the best fit for some people, particularly those who are older or who need a whopping amount of coverage. Permanent insurance may be a better choice

for people who plan to keep their coverage for the long haul.

4) Don't just forget about it. At least every year or two, re-examine your policies to be sure they are still doing the job. If you got married, divorced, had a baby, or had a big jump in income (and expenses), the amount of coverage may no longer be adequate. Or you might need to add a second, different type of policy, to meet new needs. You don't have to buy from the same insurance company. Shop around.

5) Don't forget to change beneficiaries. If you get a divorce, remarry, have a new baby, or if your partner dies, you need to review your insurance to make sure you're not leaving a stash of cash to

nobody — or worse, someone you hate!

6) Don't needlessly replace a policy. Be careful about dropping a policy just to get a "better-performing" policy or for a cheaper premium. The flip side of this is people who automatically renew their term coverage, even when the reason for having insurance has grown up and left home.

7) Don't name your estate as beneficiary. Insurance benefits are free of income tax when left directly to beneficiaries, but face probate if the benefits become part of an estate.

For more money advice, visit Gail's website at gailvazoxlade.com

JOHANNA SCHNELLER
WHAT I'M WATCHING

Any two people can fall in love

THE SHOW: Love, Season 2, Episode 5 (Netflix)
THE MOMENT: "I like you"

Sexy, messy Mickey (Gillian Jacobs) and nerdy Gus (series co-creator Paul Rust) aren't really a couple. But they've just spent a perfect, unplanned Sunday. Saturday night, he did mushrooms for the first time. Sunday, they woke up together and had sex. They went to brunch, saw a movie, drove to Venice Beach, had sex again.

Now she's walking him to her door. "So what are you up to this week?" he asks. "I want to text you, but I don't want to pester you."

"Stop, we don't have to do this," she says.

His face falls. "I'm sorry," he says.

She looks in his eyes. "I'm not going to disappear on you, Gus," she says. "I always want to hear from you. You're not going to annoy me."

His face brightens. "You're not going to annoy me, either," he says.

Their look holds. "I like you," she says.

"I like you, too," he whispers.

I haven't entirely warmed to this series but, with this episode, I feel like I finally see what it's up to. It forces you to get over the feeling that Mickey and Gus aren't a logical pair. It stops mattering that they don't make objective sense.

Because what Rust and co-creator Judd Apatow are doing here, I think, is staking a claim that any two people, given some time together, can fall in love. That people who are afraid to open up will feel something for the person who finally gets them to. That familiarity can also breed contentment.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Gillian Jacobs and Paul Rust may not make sense as a couple in Netflix's Love, but that's the point. CONTRIBUTED

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Hadwin seals the deal for first victory

PGA TOUR

B.C. golfer says 'I do' to Masters over honeymoon

Canada's Adam Hadwin is skipping his first World Golf Championship and asking for a refund for his honeymoon to Tahiti.

He couldn't be happier.

Seven weeks after he shot a 59, and two weeks before his wedding, Hadwin added another eventful chapter to his amazing year.

He threw away a two-shot lead with three holes to play by hitting a tee shot into the water, kept his wits and then closed with two strong pars for an even-par 71 to win the Valspar Championship in Palm Harbor, Fla., by one shot over Patrick Cantlay for his first PGA Tour title Sunday.

"You're never quite sure when you're going to get the job done," Hadwin said. "I just went there today and stuck to what I do best, just hit some quality golf shots and really made the game super easy outside of hole No. 16. I feel a little fortunate after that hole to be sitting here, but I'll certainly take it, and I can't wait for everything that comes with this win."

The victory moves him to No. 51 in the world and makes him eligible for the Dell Match Play



Adam Hadwin's victory at the Valspar Championship moved him to No. 51 in the world rankings. SAM GREENWOOD/GETTY IMAGES

— except that he's getting married that week.

It also sends the 29-year-old Abbotsford, B.C., product to the Masters, meaning he will have to postpone that honeymoon to French Polynesia. Instead, he'll be preparing for Augusta National.

Hadwin entered the final round with a four-shot lead, but even after holing big birdie putts — a 25-footer on the par-5 11th and then a 55-footer on the par-3 13th — it all changed on the 16th. His 3-wood peeled

off to the right and never had a chance, and Hadwin walked off the hole with a double bogey and a tie for the lead.

From the 18th fairway, Cantlay blinked first.

The former No. 1 amateur in the world, playing for only the second time after missing two years with a back injury, leaked his approach into a bunker. Hadwin's approach went just over the back against the collar of the fringe, leaving him a belly wedge down the grain that came

off perfectly and settled two feet below the cup.

Cantlay's bunker shot was well short, and he missed the 15-foot par putt to force a playoff.

The consolation prize for Cantlay was a runner-up finish that paid \$680,400, more than enough for him to secure full status for the rest of the year.

"It doesn't really feel like much consolation at the moment," Cantlay said. "I didn't finish the deal."

THE ASSOCIATED PRESS



WORLD BASEBALL CLASSIC CANADA CRUSHED BY U.S.

Nolan Arenado of the United States had a three-run home run against Canada on Sunday night in Miami. Buster Posey also went yard for the Americans, who won 8-0 to advance from the pool stage with a 2-1 record. Canada finished 0-3 and was eliminated. MIKE EHRLMANN/GETTY IMAGES

CURLING

Gushue wins Brier Tankard at last

Brad Gushue of Newfoundland and Labrador defeated Canada's Kevin Koe 7-6 on Sunday night to win the Tim Hortons Brier for the first time.

After a back-and-forth affair, Gushue had hammer in the 10th end and used it to his advantage. He hit a draw for the single point to send the raucous capacity crowd in St. John's, N.L., into a tizzy.

Gushue threw his broom in the air in celebration when his stone moved into the eight-foot ring and just past the Canada rock for the victory.

This was Gushue's 14th ca-

reer appearance at the Brier. The 2006 Olympic champion lost in last year's final to Koe and fell to Ontario's Glenn Howard in the 2007 final.

Koe was looking for his fourth career Brier crown. He also won in 2010 and 2014.

Gushue will represent Canada at the world men's curling championship in Edmonton April 1-9.

Earlier in the day, Manitoba's Mike McEwen defeated Northern Ontario's Brad Jacobs 7-5 in an extra end to win bronze.

THE CANADIAN PRESS

1976

Gushue is the first Newfoundlander to hoist the Brier Tankard since Jack MacDuff in 1976.

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Ryan Ejim of Carleton scores on Ryerson's Juwon Grannum during the U Sports men's national championship game in Halifax on Sunday. DARREN CALABRESE/THE CANADIAN PRESS

Ravens remain the best

U SPORTS BASKETBALL

Carleton soars to 7th straight Canadian title, 13th overall

The Carleton Ravens maintained their stranglehold on Canadian university men's basketball on Sunday.

The Ravens roared to their seventh consecutive Canadian title, withstanding a fierce Ryerson comeback to beat the Rams 78-69.

Ryan Ejim scored 19 points,

SUNDAY In Halifax

78 **69**
RAVENS RAMS

and Kaza Kajami-Keane had 15 points and 11 rebounds to earn player of the game honours.

The powerhouse Ravens have now won 13 W.P. McGee Trophies, more than any other school in history.

Carleton's coach of the year Dave Smart said his team's post play was the difference.

"We got what we wanted down low, and then we got a couple open threes when they started digging," Smart said. "The fact that we had never really gone through the post all year, I don't think (Ryerson) really had a plan once we started scoring down

there."

Fifth-year guard Adika Peter-McNeilly had 23 points, while Adam Voll had 12 points and nine boards for Ryerson.

The Ravens went a perfect 19-0 in the regular-season but were upset just a week earlier by Ryerson (17-2) in the Ontario conference final. The Rams, two-time bronze medallists, were making their debut in the championship final, and were looking for their first title — in any sport — in school history.

"I just don't think we were as good offensively as we were last week," said Rams head coach Roy Rana. "We made a run in the fourth to make it a game, and we just didn't execute when we had our opportunities and they came back and made some big plays and that was the difference in the game."

THE CANADIAN PRESS

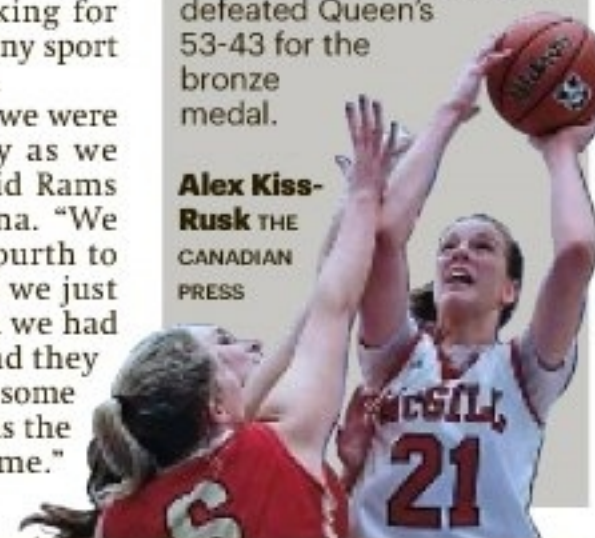
+ IN VICTORIA

McGill crowned the women's champions

Alex Kiss-Rusk had 15 points and 20 rebounds to lead the McGill Martlets past the Laval Rouge et Or 66-55 on Sunday to win the Canadian university women's basketball championship.

Earlier Sunday, Carleton defeated Queen's 53-43 for the bronze medal.

Alex Kiss-Rusk
THE CANADIAN PRESS



NCAA BASKETBALL

Reigning champs named No. 1 seed

Villanova took the overall top seed on Selection Sunday, with Kansas, North Carolina and Gonzaga joining the defending U.S. national champions on the No. 1 line for the NCAA Tournament.

Not many surprises there, though Duke — left at No. 2 despite a four-win-in-four-night performance in the Atlantic Coast Conference tournament — and Syracuse and Illinois State, who got left out altogether, may have been searching for answers.

THE ASSOCIATED PRESS



Villanova won the NCAA title last year on Kris Jenkins' buzzer-beater. GETTY IMAGES

IN BRIEF

Barça flat in PSG follow up

Barcelona lost 2-1 at relegation-threatened Deportivo La Coruna on Sunday in its first match after its amazing 6-1 win over Paris Saint-Germain in the Champions League last week. THE ASSOCIATED PRESS

Spurs into FA Cup semifinals

Son Heung-min grabbed a hat trick filling in for the injured Harry Kane, powering Tottenham into the FA Cup semifinals with a 6-0 rout of Millwall on Sunday. THE ASSOCIATED PRESS

Truex Jr. wins in Las Vegas

Martin Truex Jr. passed Brad Keselowski with two laps to go and avoided a last-lap wreck that led to a pit-road brawl and left Kyle Busch bloodied in a wild finish to the NASCAR Cup race Sunday. THE ASSOCIATED PRESS

Rychel pushes Marlies to win

Kerby Rychel's second goal of the game broke a tie in the third period and the Toronto Marlies topped the Manitoba Moose 5-4 on Sunday in American Hockey League action. THE CANADIAN PRESS

NHL

Leafs enjoy day in sun down south

They won three games in a row, and Mike Babcock saw it was good. So he gave them Sunday off.

The Toronto Maple Leafs got a day in the sun.

"It's a good time for us to be on a trip," Babcock said as the trip began in Raleigh, N.C. "Lots of vitamin D in the sun. Lots of rest."

The Leafs looked lethargic at times in Carolina, despite pulling off a 3-2 overtime win.

Babcock has been cutting back on practices and skipping



Morgan Rielly
GETTY IMAGES

morning skates. The way this trip is lining up, the Leafs could end up with two days off this week, all in line with the keep-it-fresh approach. "We have 16 games in 30 days," said Leafs defenceman Morgan Rielly, the overtime hero Saturday night. "We have to be ready for every single one of them."

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2	9	4	5	8	1	6	7	3
7	2	1	4	9	8	3	6	5
9	5	3	2	6	7	4	8	1
6	4	8	1	5	3	9	2	7

Find the words:

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WEEKNIGHTS 7:30

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be co-operative with others today, because the Moon is opposite your sign. (That's how it works.) And with Venus in your sign, you are completely charming!

Taurus April 21 - May 21
You have lots of energy, with Mars in your sign for the next six weeks. Use this energy to get better organized, because this is what you really want to do today.

Gemini May 22 - June 21
This is a playful day. Bosses and VIPs think highly of you. Friends and groups want to see you. Fortunately, you are in the mood to socialize!

Cancer June 22 - July 23
If you can to cocoon at home today, you will love it. You need some privacy and the comfort of being among familiar surroundings. Try to do this.

Leo July 24 - Aug. 23
You want to enlighten someone about something today. You need to be heard, because you have something to say.

Virgo Aug. 24 - Sept. 23
If shopping today, you will be swayed by your feelings rather than by common sense. Be aware of this before you part with too much of your hard-earned money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional than usual. However, it also brings some extra good luck to you. Yes!

Scorpio Oct. 24 - Nov. 22
Work alone or behind the scenes today, because you feel the need for some privacy. This is a playful, social time for you, but today you need to catch your breath.

Sagittarius Nov. 23 - Dec. 21
A discussion with a female acquaintance might be important to you both today. This is a good day to share your hopes and dreams for the future with someone important, because he or she can be your sounding board.

Capricorn Dec. 22 - Jan. 20
Important people might discuss personal details about your private life today. Something is up, so keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want some adventure. Ideally, you want to travel and get away from all this.

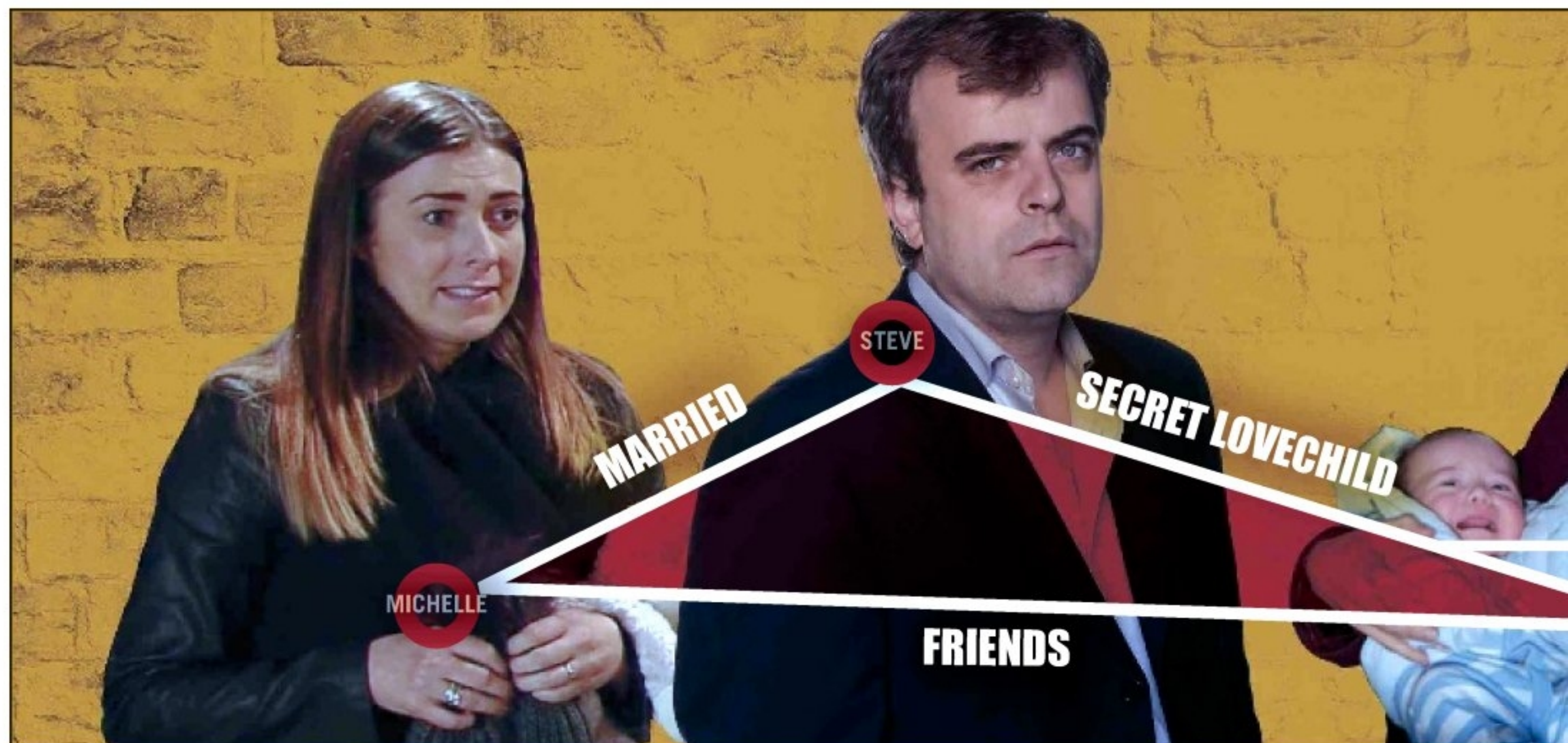
Pisces Feb. 20 - March 20
This is a strong time, with the Sun and Mercury in your sign. However, today you will focus on other people's money and wealth — and perhaps, shared property.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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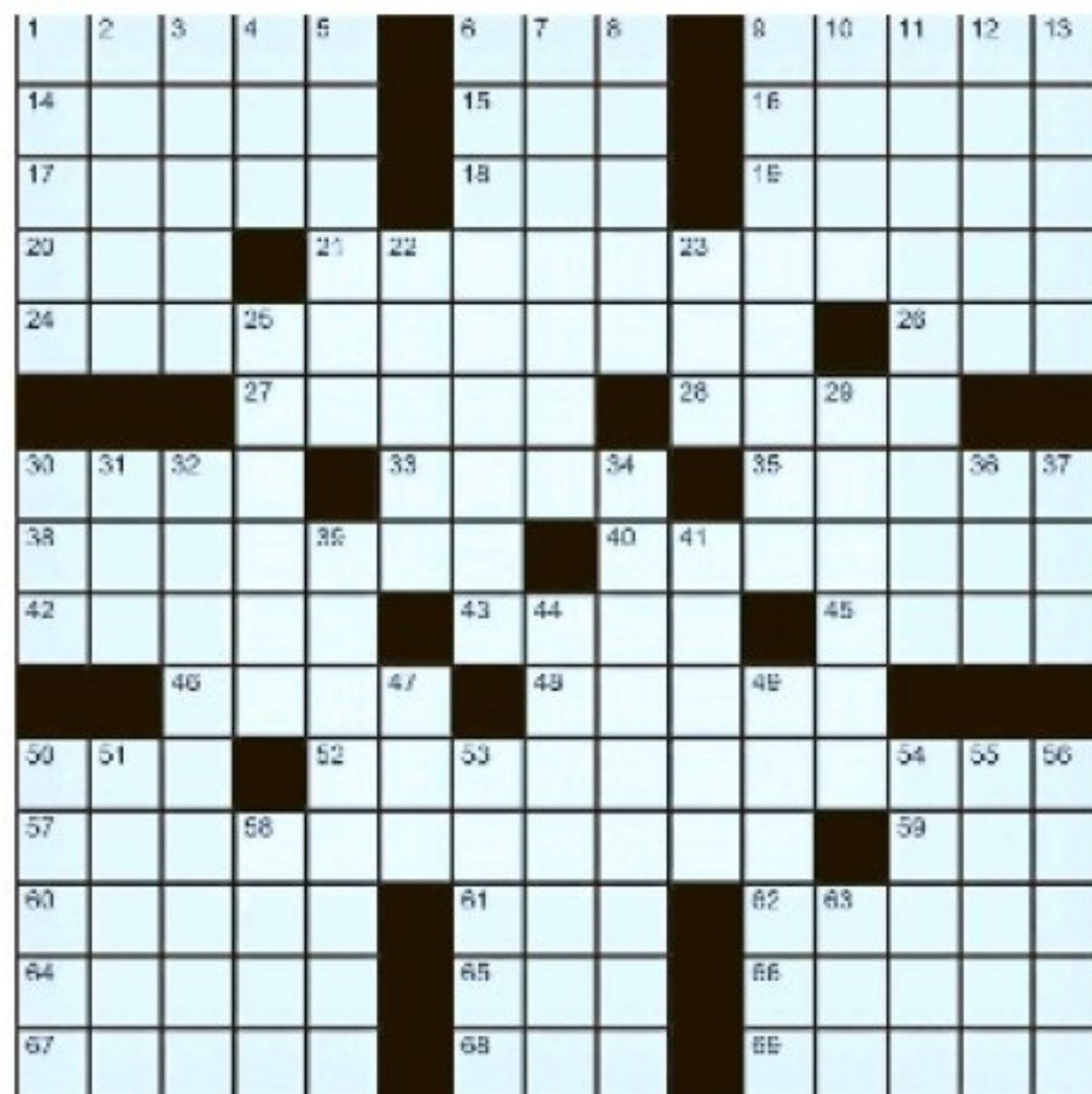
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BY KELLY ANN BUCHANAN

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ACROSS

- Adrenal, for one
- Food additive
- Internet letter
- Sizable
- ___ disadvantage
- ___ good example
- Harry Potter: Owl for The Weasley Family
- Dernier ___ (Latest fashion)
- Engage the object, cat-style: 2 wds.
- 'Tiny' thoroughfare
- New Brunswick village sharing the name of its river
- Marriage arrangers
- Our national thoroughfare [acronym]
- Kitchen gadget
- Daintily drinks
- 'Within'-meaning prefix
- Itemize
- "Lovegirl" by ___ Marie
- Kennedy Compound location in Massachusetts, ___ Port
- Carroll of "All in the Family"
- Whale type
- Bloody prefix
- Gladiator's 402
- "Just the facts, ___"
- Hawaiian-style veranda
- Pro bono TV spot [acronym]
- Vast territory the Hudson's Bay Company controlled from 1670 to 1870: 2 wds.
- Prepared for the seance: 2 wds.
- Faux ___



- American author, Horatio ___ Jr. (b.1832 - d.1899)
- Plastic ___ Band
- Conjure up
- Vampire's 'vish', "___ to suck your blood!"
- Actor Mr. Avery
- Michelin products

- So much, in music
- Alphabetical, e.g.
- Pre-plant packet's particles

DOWN

- Shine
- Metamorphosis-izer

- Chicoutimi stop sign word
- Stop-___
- 'Oracle' city in Greece
- Governor of the expanse at #52-Across before it was transferred to Canada for \$1.5 million, William ___

- (b.1815 - d.1870)
- Lightning landings
- Offenbach ballet, ___ Parisienne
- Hockey brothers Phil or Tony
- Honey drink
- Clueless/frazzled: 3 wds.

- Violinist Mr. Stern
- Gate fastener
- Singer Ms. Sande
- Debit opps.
- Larry in the Pro Football Hall of Fame who played for the Miami Dolphins
- ___ sharpener
- Erica ___ (MuchMusic's first female VJ)
- Blue/orange jerseys NHL team [acronym]
- "Rows of Houses" Canadian singer/songwriter: 2 wds.
- Comedian/actor in "True Lies" (1994): 2 wds.
- ___ insist!"
- "Entourage" superagent
- Having a more close location: 2 wds.
- There's more following abbr.
- Tap dancer/actress Ms. Powell
- Rubber boots coating
- Strong points
- SVP's 'P'
- Region's forest trees
- Snapshot, shortly
- Previously, once
- Microwaved
- Adorn
- ___ State (University in CSNY's "Ohio")
- Complete



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